

WEEKLY TIMETABLE

Generated: 28/09/2025
Category: personal
Purpose: AI Generated Schedule
Tasks: workout schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6-7 AM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Exercise	Rest
7-8 AM	Study	Study	Study	Study	Study	workout sc..	Rest
8-9 AM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Exercise	Study
9-10 AM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Study	workout sc..
10-11 AM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Exercise
11-12 PM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Study	workout sc..
12-1 PM	Break	Break	Break	Break	Break	Break	Break
1-2 PM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Exercise	Study
2-3 PM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..
3-4 PM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Study	Exercise
4-5 PM	Study	Study	Study	Study	Study	workout sc..	workout sc..
5-6 PM	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Study
6-7 PM	workout sc..	workout sc..	workout sc..	workout sc..	workout sc..	Exercise	Rest
7-8 PM	Study	Study	Study	Study	Study	workout sc..	Rest